Dear Parents/Carers,

We hope this finds you all well!

Welcome to Term 4’s Wellbeing Letter from ASPIRE.

With the news of everyone returning on the 8th March, we felt it really important to send out some resources to support yourselves and the children with that all important return to school, after their term of either learning from home, or being in a different kind of school environment on site at Kingswood.

**Resources, Information and Guidance**

NHS UK has a ‘Back to School’ top tips. Please find the link below if you’d like to have a look… there are some resources for older children too.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/back-to-school-coronavirus-covid-19/>

Mental Health org have also published some top tips for parents/carers to support their children with returning to school. Please find the link below…

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>

Below is a resource that helps parents/carers with their child’s first day back at school after lockdown. I thought it may be helpful, if you’d like to have a look…

<https://www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg>

For those parents/carers who have children with ASC, or Learning Difficulties, and/or ADHD, I have attached a link for the NHS Highland’s CAMHS resource. Although some of the information (contact details etc.) is focused towards Scotland, the guidance and support information is really useful and may help with those children expressing anxiety or having difficulties understanding the return and changes. They do include National help numbers too if you need them.

<https://nesvleprdstore.blob.core.windows.net/nesndpvlecmsprdblob/d17b8f25-6a8f-469d-93f8-dfdf2705d348_267443%20-%20Parents%20neuro.pdf?sv=2018-03-28&sr=b&sig=7e5RXboaM8Xt2B3Jia0T37osiXIsZNht7Ja8bKEkBEQ%3D&st=2021-02-26T11%3A19%3A42Z&se=2021-02-26T12%3A24%3A42Z&sp=r>

Attached are also a number of worksheets that you may want to complete with your child over the next week to support and prepare them for their return to school.

**Parent/Carer Support**

‘Release the Pressure’ is a super resource for any adults wishing to speak to someone for support.

I have also included again the ‘Resilience Hub’ where there is a wealth of resource videos to help parents/carers support with their child’s resilience and the Anna Freud self-care guidance for parents/carers.

<https://kentresiliencehub.org.uk/resources/resilience-webinar-for-parents/>

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

On-line safety

Making sure we’re all working safely and accessing online resources in a safe way is so important during this time of being reliant on technology. Below the ‘Think you Know’ website has an abundance of resources and videos for parents/carers to access to ensure children are continuing to learn about keeping safe online even when at home. There are age related resources – you just need to scroll down to the bottom of the page to access them.

<https://www.thinkuknow.co.uk/>

Older children

We know some of our families have older children at home, so we thought it would be useful to also include a link to support your older children. This site starts from the age of 10 upwards.

[www.moodspark.org.uk](http://www.moodspark.org.uk)

Please remember, if you need any support during this time, do not hesitate to email the offices so that we can respond with anything you may need via email, or get back to you via phone - we’re just on the end of the line.

Contacts:

Kingswood – [office@kingswoodkentsch.co.uk](mailto:office@kingswoodkentsch.co.uk)

Platts Heath – [office@plattsheathkentsch.co.uk](mailto:office@plattsheathkentsch.co.uk)

Ulcombe – [office@ulcombekentsch.co.uk](mailto:office@ulcombekentsch.co.uk)

Leeds and Broomfield – [office@leedsandbroomfieldkentsch.co.uk](mailto:office@leedsandbroomfieldkentsch.co.uk)

Stay safe, stay connected,

Team ASPIRE